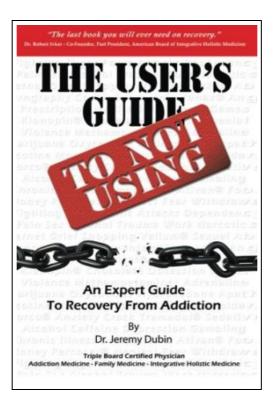
The User s Guide to Not Using - An Expert Guide to Recovery from Addiction (Paperback)



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Reviews

This book is great. I have go through and so i am confident that i will going to read through once again again in the future. I am just easily can get a satisfaction of looking at a written book. *(Miss Vernie Schimmel)*

THE USER S GUIDE TO NOT USING - AN EXPERT GUIDE TO RECOVERY FROM ADDICTION (PAPERBACK)



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E Recovery, LLC, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The User s Guide to Not Using - An Expert Guide to Recovery from Addiction speaks to an audience that has found long-lasting recovery elusive, a medical system fragmented, and real answers demanding an integrative and holistic approach. Based on both personal accounts and extensive professional experiences of Dr. Jeremy Dubin, a practicing Family Medicine Physician and Addiction Medicine Specialist, The User s Guide to Not Using - An Expert Guide to Recovery from Addiction presents an in-depth guide to understanding the three core elements observed by Dr. Dubin that provide the foundation for achieving true and successful long-term recovery from addiction. Simple and easy to understand, this book teaches you how to: -Tell the difference between dependence and addiction -Understand and apply the Three Core Components of any successful recovery plan -Treat your addiction holistically, combining conventional, alternative, and complementary methods -Develop a proven strategy that personalizes your recovery plan -Find real answers on managing addiction when coping with chronic pain and mental illness -Keep track of your progress in a supportive and engaging way The User s Guide to Not Using - An Expert Guide to Recovery from Addiction is the first in a series of publications from focusing on solutions for successful long-term recovery from addiction.

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